

Healthy Habits to Prevent and Control High Blood Pressure

A normal blood pressure is below 120/80. Follow these steps to reach this goal.

To Prevent High Blood Pressure:

Maintain a healthy weight.

- Try not to gain extra weight.
- Lose weight if you are overweight.
- Try losing weight slowly, about 1 to 2 pounds each week until you reach a healthy weight.

Be physically active.

- Do at least 2 hours and 30 minutes of activity at a moderate level each week.
- You can walk, dance, play sports, or do any activity you enjoy.



Eat foods that have a lot of nutrients, like:

- Vegetables and fruit
- Whole-grain breads and cereals
- Fat-free or low-fat milk and milk products

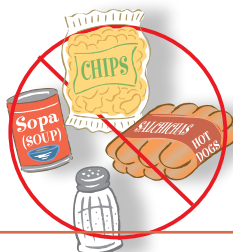


Cut back on alcohol.

- Men who drink should have no more than one or two drinks each day.
- Women who drink should have no more than one drink a day.
- Pregnant women should not drink any alcohol.

Cut back on foods high in salt.

- Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.”
- Do not add extra salt to food.

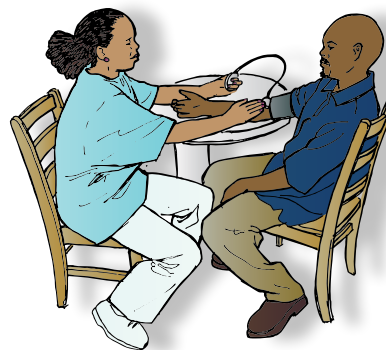


To Control High Blood Pressure:

Follow the tips to prevent high blood pressure.

Have your blood pressure checked often.

Take your medicine the way your doctor tells you.



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National Heart, Lung,
and Blood Institute



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